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BURNOUT

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NEWS

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'THAT'S NOT CONVERSION, THAT'S REINCARNATION . . .'

The news story reads like the plot of a movie.¹

Jessica Sharman was travelling to work in London when she suffered an extreme seizure. She was taken to hospital and eventually made a full, physical recovery.

One thing that she did not recover was her memory. She couldn't remember her parents or even her boyfriend, Rich. She couldn't even recognise herself.

So Rich decided to make her fall in love with him all over again. He could have walked away at that point and made a fresh start. Instead, he had to work very hard—winning back her trust, building new shared memories and sticking by her no matter what. Yet in some ways, it was a complete new start for Jessica. She found a new job and cut some ties from her old life. She found it stressful when people came up to her because they recognised her and tried to prompt her memory of events she had absolutely no recollection of.

Sometimes I think we wish our conversion experience was like that. We wish that being born again was such a clean slate, a complete reset. In many ways it would be easier. I'm sorry to tell you, that's not conversion, that's reincarnation!

When we are born again, we have a new start, however, unlike Jessica, our memories are not wiped. We still retain the trauma, the hurt, the pain, the habits and the effects of sin or decisions we may have committed in the past. Yes, God can help and heal, and sometimes He will free us from some things immediately. This is not everyone's experience though. More frequently, it's a journey of growth, as Paul calls it, a race to be run (and won) with Christ's help (1 Corinthians 9:24).

There are good reasons for this.

The memory of what we have been through should give us compassion and empathy for those still enmeshed in difficult life circumstances. I had no tools to help those suffering until I had suffered myself. This awareness of what we once were and how reliant we are on God's grace, should keep us humble and protect us from the sins of pride, judgement and prejudice. If our

memories were wiped, we wouldn't get this protection.

We are also given the opportunity to use our experiences in ministry (not the paid kind necessarily but the kind all Christians are expected to do in sharing their faith). Our past experience can be both a training ground and a network.

There is a biblical precedent for this.

The man healed from demons was sent by Jesus back into his community, while Jesus Himself was driven out. The next time Jesus returned to the region, He was welcomed due to the testimony of that man.

Moses left his upbringing and his enculturation to live in the desert for 40 years, picking up skills that would be very handy in his role as Israel's leader. But when God meets Moses at Sinai, He calls Moses back to engage with Egypt once more, to be God's spokesperson in that wealthy, heathen nation.

We are called to love our family and friends, even if they are still engaged in all the behaviours we have escaped from. We need to seek ways to stay connected and give them opportunities to see our changed lives. Some people may pull themselves away from us

because of who we choose to be, but we are called to serve and heal broken humanity.

Yet too often we act as if we have amnesia. We find ourselves conforming very quickly to our new family, our faith community, and cut our past lives away.

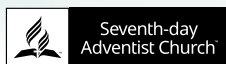
If we live like we have amnesia, we will be less effective as runners in the race of life. God calls us, not to deny or forget our past, but to use it; to remind us of where we have come from, to feel for those who are struggling, to repurpose our skills for ministry and to utilise our networks to share the good news that we have received.

1. "Jessica Sharman got amnesia and boyfriend Rich Bishop was forced to make her fall in love with him all over again," <news.com.au> (February 9, 2017).

JARROD STACKELROTH
EDITOR
✉ /JStackelroth



TOO OFTEN WE ACT AS IF WE HAVE AMNESIA . . . AND CUT OUR PAST LIVES AWAY.



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senior consulting editor

glenn townend
senior editor

jarrod stackelroth
assistant editors

maritza brunt
vania chew

copyeditors
tracey bridcutt
kent kingston

graphic designers

theodora amuiumuia
linden chuang

noticeboard
julie laws

letters
editor@record.net.au

news & photos
news@record.net.au

noticeboard

ads@record.net.au

subscriptions

subscriptions@record.net.au
+ 61 (03) 5965 6300

mailed within australia and
nz \$A43.80 \$NZ73.00 other
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website

record.adventistchurch.com

adventist media

locked bag 1115

wahroonga nsw 2076 australia
+ 61 (02) 9847 2222

cover credit

josh mores

THE SPD

What is the purpose of the SPD? Most of us know what the local church does because that is where we personally participate in ministry, worship, disciple making and fellowship. However, what the conference/mission, union or division do is less clear.

The SPD's full name is the South Pacific Division of the General Conference (GC) of the Seventh-day Adventist Church. The SPD is one of 13 divisions and one attached union (the Middle East North African Union) that divide up the territory of the globe. The SPD is the representative branch office of the GC for the South Pacific region. Many think this Church has five levels: local church, conference/mission, union, division and General Conference. However, it only has four: the local church, conference/mission, union and GC.

The GC is made up of unions. The SPD has four unions: Papua New Guinea, Trans Pacific, Australian and the New Zealand Pacific (includes the French-speaking Pacific countries and the Cook Islands). The SPD coordinates the GC's work in the unions. This relationship between the divisions and unions is governed by GC working policy. The basic purpose of the SPD is to support the unions in their disciple-making work within their territories.

The SPD also oversees the work of the five Division institutions. Sanitarium Health and Wellbeing group is the health food production department of the Church, which includes Life Health Foods. The Sydney Adventist Hospital operates a 525-bed acute medical hospital in Wahroonga. There are two tertiary institutions: Pacific Adventist University and Avondale College of Higher Education. Adventist Media includes video production, book publishing and distribution, and Bible contact management. The SPD ensures that as the institutions do their specialised business they fulfil the mission of Jesus. I know this is happening as I hear stories of employees becoming baptised disciples of Jesus and joining our Church.

GLENN TOWNEND
SPD PRESIDENT
@SPDpresident



SMALL SCHOOL RECEIVES BIG BOOST

NIGEL TANIUNG/RECORD STAFF

Pavaere Seventh-day Adventist Primary School in Central Bougainville, Papua New Guinea, received technological and scholastic support at a special handover ceremony on September 13.

Students were excited to witness the handing over of nine laptops, a chicken start-up project, a RACHEL e-library server, a 2kva solar power kit and approximately 500kg of basic school materials and stationery supplies—donated by SANCSS Australia Limited, Global Transitions Foundation

Australia and Dr Narko Tutuo, all based in Australia.

"All these donations will significantly improve the school's standards," said project coordinator Nigel Taniung. "The new Tutuo Information Hub will greatly assist students to build very important skills such as communication, teamwork, critical thinking, problem solving and many others; a huge step for these young minds, especially in this technological era."

Most importantly, Mr Taniung believes the improvements will

result in more enrolments next year. Currently, nearly half of the students are from non-Adventist families.

"[This] will surely attract more new interests into our mission school where God's Word and love can be experienced by them," he said.



JAIME RAMOS FROM SANCSS AUSTRALIA AND KIDS IN FRONT OF THE TUTUO INFORMATION HUB.

KEMPSEY STUDENTS EXPLORE CREATIVITY

KAS TIMES NEWS

The last week of August was very eventful for students at Kempsey Adventist School (NSW) as they embarked on project-based learning projects at a "Festival of Creativity".

Project-based learning is an opportunity for students to embrace their creative potential by working on a project of their choice.

During the festival, together

with the help of experts and professionals, students planned, designed and produced works of art, a mini golf course, environmentally friendly shopping bags and more. One of the projects was KAS TIMES NEWS, a group of budding journalists who worked to report on the festival. The students spoke to Callum McGregor of *The Macleay Argus* and Maritza Brunt and Jarrod Stackelroth of *Adventist Record*, following their advice to create news articles and a final broadcast that can be viewed via the school's Facebook page.

"It has been an amazing and fun week of learning and growing," said the students. "[We] have thoroughly enjoyed these projects."



MINI GOLF ANYONE?

SYDNEY CHURCH CELEBRATES 120 YEARS

VANIA CHEW

It was a high Sabbath on September 1 for Stanmore Seventh-day Adventist Church (NSW).

Not only was it the first day of spring, but it was a celebration of 120 years for one of Sydney's oldest Adventist churches.

The program opened with praise and worship, a prayer and then a historical sketch presented by Dr John Skrzypaszek detailing the early history of Stanmore church.

Before the church was built, members met in various halls in the surrounding suburbs. In 1897, they ran an evangelistic mission for six months at what is now known as Weekly Park. The membership then increased to more than 100 members and it was decided to purchase the block of land where the church is now located.

Stanmore church was officially opened and dedicated on April 24, 1898. Pastor A G Daniells preached the dedicatory sermon. He would later become president of the Australasian Union and then the General Conference.

Even the furniture in the church is of historical interest. The pulpit, designed after a similar pulpit at Battle Creek, Michigan, is 111 years old and Ellen White spoke from that pulpit during her time in Australia. And dating back to the late 1800s, the church's pipe organ is one of the oldest organs in Australia and is heritage-listed.

Greater Sydney Conference president Pastor Terry Johnson said a prayer of dedication for the church and its future plans. A plaque was unveiled to commemorate the anniversary. The service concluded with a plant-based lunch and a praise concert featuring several groups, including Redeemed, the Mauritian Singers, the Korean choir and the Fijian youth.

"Stanmore church has seen heaps of people come through," said Litiana Turner, who first attended Stanmore as a five-year-old. "It changes all the time but the love that you find here never changes." She acknowledges previous pastors as well as current pastor Geoff Youlden as being instrumental to keeping the church going.



Photos: Tyler Kuulters



"One hundred and twenty years is a very special event, but we are hoping we won't be here in another 120," said Pastor Youlden. "The purpose of the church is to get people ready for the coming of Jesus."

Pastor Johnson shared a similar sentiment, saying "120 years is only relevant if it serves to remind the church of their mission and they continue to move forward. If it wasn't for the faithfulness of these church members, we wouldn't be here celebrating today."

RECORD RECOGNISED WITH ARPA AWARDS

RECORD STAFF

Adventist Media has been recognised at the annual Australasian Religious Press Association (ARPA) awards, winning four awards across two publications.

ARPA held this year's conference in Brisbane, Australia, on the second weekend in September. The awards were announced during Saturday night's formal awards dinner.

Adventist Record received two silver awards and one bronze award. The silver awards were for Best Original Illustration for the cover "Being Adventist in a Post-Truth World" (January 28, 2017) and Best News Story for Sonja Kama's report "Young Adventist honoured for fighting gender-based violence" (April 29, 2017).

The bronze award for Best Editorial was awarded to *Adventist Record* senior editor Jarrod Stackelroth for his work, "Standing in the gap against mental illness" (April 29, 2017).

"It was fantastic to win these awards," said Mr Stackelroth, who attended the conference. "It really speaks to the dedication and hard work of all our staff."

Mums At the Table won a bronze award in the Best Magazine Cover category for its September 2017 "Dad issue" cover—the first-ever issue of the magazine.

"It was encouraging to have our very first issue recognised," said editor Melody Tan. "Hopefully this means we're on the right track as



we continue to speak to mums and support them with a warm and loving community."

"Apart from the affirmation received from these awards, it was also nice to share with colleagues in a Christian media space," Mr Stackelroth said. "We share many of the same struggles, including the transition to digitisation, small teams, limited funds and the challenges of news gathering over broad regions."

CHAPLAINS INSPIRED AT INAUGURAL SYMPOSIUM

TRACEY BRIDCUTT

Chaplains from around Australia and New Zealand were inspired, spiritually refreshed and professionally upskilled at the inaugural Chaplains Symposium held at the Clinical Education Centre, Sydney Adventist Hospital, Wahroonga (NSW) in late August.

"Connecting the dots" was the theme of the three-day symposium, which was organised by the Spiritual Care Services team at the San and brought together 77 chaplains from various denominations working in health care, aged care and corrective services.

Dr Branimir Schubert, Mission Integration director for Adventist HealthCare, said the symposium was a resounding success with much positive feedback.

"This gathering met a felt need and has produced new opportunities for individuals and organisations to network and cooperate in the future," Dr Schubert said.

"The two main objectives were definitely met: to provide spiritual encouragement and refreshing for those who usually give of themselves every day to those they serve, and to provide professional training and inspiration."

Dr Schubert said there was a great atmosphere, positive conversations and affirmation of the important ministry and care chaplains provide. "Already there are invitations for further collaboration and Sydney Adventist Hospital has an

opportunity to be the leader in the space of chaplaincy and spiritual care."

Keynote speakers were Dr Leigh Aveling, chap-

lain at Loma Linda University Medical Centre, California; Dr Kendra Valentine, professor of New Testament Studies at La Sierra University, California; Dr Trafford Fischer, South Pacific Division family ministries director; and San Spiritual Care Services manager Steve Stephenson and chaplain Dr Carolyn Rickett.

Dr Fischer said it was an excellent event that provided the participants with the chance to network and develop a sense of shared ministry.

"I am certain this event will go from strength to strength, and our hope would be that we can replicate it in other territories of the SPD over the years ahead," he said.

Planning is underway for the second Chaplaincy Symposium, which is scheduled for September 5-7, 2019.



DR LEIGH AVELING (FOREGROUND) WAS ONE OF THE KEYNOTE SPEAKERS.

Gilson College

30 YEARS

CELEBRATION

Save the Date! **Saturday 20th OCTOBER**



I AM A NEW WAY FOR YOUNG PEOPLE TO SHARE JESUS

TRACEY BRIDCUTT

Fox Valley Seventh-day Adventist Community Church (Wahroonga, NSW) was abuzz with excitement for the official launch of the I AM series on September 1.

Youth wearing I AM t-shirts created a positive vibe, giving a cheerful welcome to those attending the launch. Castle Hill youth led a praise and worship music session, and there was popcorn and lemonade to enjoy while watching the first I AM episode: *Is there more to life?*

A joint project of Greater Sydney Conference (GSC) and Adventist Media, I AM is an innovative new outreach resource for young professionals to introduce Jesus to their colleagues, classmates and friends. It comprises a 13-part video series, along with a participant's guide that includes notes from all of the episodes as well as reflection questions and further resources.

In a video message screened during the launch, former GSC president, Pastor Michael Worker, said it was exciting to see the I AM vision realised.

"I would love to see Adventist young people sharing it with their friends in small groups . . . sharing faith, sharing what Jesus means for them," said Pastor Worker, who is now Australian Union Conference secretary.

"Beyond that I see great possibilities in the digital world . . . inviting those people who are watching online to join up in meet-up groups or small groups in homes, in cafes, in churches, to continue those conversations; building relationships, sharing faith and ultimately growing God's kingdom.

"I'm just excited to see what God will do with this series as we commit to His



PANEL DISCUSSION WITH MARYELLEN FAIRFAX, PASTOR RAY MOAGA AND NICK LINDSAY.

glory." Conference personal ministries director Dr Sven Ostring has led the project from the outset and is one of the three presenters. He and the other two presenters, Maryellen Fairfax and Pastor Ray Moaga, and Adventist Media cinematographer Nick Lindsay, who was involved in filming the series, took part in a panel discussion, talking about some of the joys and challenges of working on the project.

A second panel discussion involved people who have run I AM as a pilot program, including Caringbah church (Sydney) youth leader Tim Grant. When he heard about I AM, "I was just instantly moved by the Holy Spirit".

"I just thought if this is as good as it presents here, this is going to do amazing things and I want to be a part of that process."

Pastor Daniel Pryzbylko ran a pilot program at Parramatta Central church. "Sometimes [I AM participants] go away with more questions and that's a good thing because it begins a conversation that you can continue on a one-on-one level," he said.

Pastor Anders Svensson ran I AM as an online group to see how it would work in the digital space.

Mr Grant said it was easy to run the program. "It was not where you needed a lot of knowledge, the resources are really helpful," he said.

The launch also included musical items, a quiz and prizes. A prayer of dedication was offered at the conclusion of the event.

To find out more about I AM, go to <iam.org.au>.



EMILY SAVAGE, BRADY BOEHM, OLIVIA FAIRFAX AND BEKS MAHAKA.

NEWS GRABS



SUPER RELIEF

ADRA Philippines has deployed an emergency response team to assess the situation and provide shelter kits for communities affected by Super Typhoon Mangkhut. The storm, which made landfall on the island of Luzon on September 15, is the strongest the Philippines has experienced in five years. —ANW



UNPRECEDENTED GROWTH

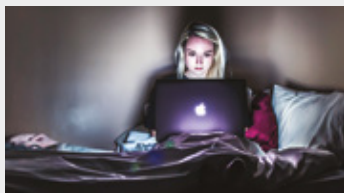
Evangelistic campaigns across Burundi (East-Central Africa) have seen 43,000 people baptised. Church leaders say they've never seen this type of growth before, and numbers continue to climb as 40 additional sites run follow-up campaigns. —BUM



SHELTER FOR SALVADORANS

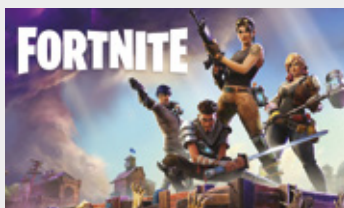
A new facility recently completed by a local Adventist church in El Salvador will provide overnight shelter for parents of children who are patients at a nearby paediatric hospital. The facility will also provide daily worship services and meals, and aims to connect families with local Adventist congregations when they return home. —IAD

HOT TOPICS



RESISTING A REST

People with DSL internet access sleep up to 25 minutes less than non-internet users, according to a new study from Italy's Bocconi University. The research found a large majority are dissatisfied with their sleep, and are less likely to get the recommended 7-9 hours of rest. —*Science Daily*



HEART BREAKER

The new popular video game Fortnite has been blamed for violence, students missing school and now divorce. According to a new report from Divorce Online, a UK site offering information and support services, 200 divorce petitions filed since January 2018 cited Fortnite as a reason for the separation. —*BBC*



PRAYER STAYS

Christians across Australia recently welcomed news that the Lord's Prayer will remain part of the federal Senate standing orders after the Procedures Committee found there was no reason to change it. "Our nation was founded on Christian virtues and traditions and the Lord's Prayer is an ever-present reminder to the Senate of that legacy," said Australian Christian Lobby managing director Martyn Iles. —*ACL*

RAY RETIRES AFTER RECORD-SETTING RECORD RUN

NATHAN BROWN

A significant chapter in the history of Signs Publishing ended on August 30 with the retirement of its production manager.

Ray Portbury began work as an apprentice bookbinder at Signs on January 10, 1967, and retired just short of 51 years and 8 months of service, the longest-serving employee in the 133-year history of the Church-owned printing company.

"It doesn't seem that long—and I have enjoyed it the whole time," said Mr Portbury. "The whole journey has been about working for the Lord and serving the Church. I count it a privilege to have been able to work here for the Church for this long."

He admits that he is looking forward to "days without deadlines", but he will miss working with what he has come to regard as his extended family. "Over the years, we have cried together, laughed together and—of course—worked together," he reflected.

However, family is also a literal part of his experience at Signs. His aunt, uncle, brother and two sisters also worked at Signs and his daughter still does. And he met his wife Norlene when she was also working at the publishing house.

As production manager for more than 19 years, Mr Portbury has been responsible for the regular delivery of *Adventist Record* to churches around the South Pacific. "It was only once in that time—in the mid-2000s—that *Record* did not go out on time, when our two mailing ladies were both sick and we simply could not get it sent," he reported. "We had a huge number of phone calls when *Record* had



RAY PORTBURY, LONGEST-SERVING SIGNS EMPLOYEE.

not arrived in time that Sabbath, which reminds us how important *Record* is for the Church."

Mr Portbury has also represented Signs Publishing as the point of contact for many churches, schools, conferences and institutions, but also the wider printing industry. "We are well known in the printing industry in Melbourne and held in high regard," he said. "They see we are unique in the industry, we have a sense of family and high standards in what we print and how we do business."

According to Signs manager Andrew Irvine, Mr Portbury has made an incredible contribution to the mission of the Church in a practical way. "Ray has felt a strong calling in what he has done, for helping people and serving the needs of the Church—and he will be greatly missed," said Mr Irvine. "Since he announced his plans to retire, many of our customers have expressed their appreciation for his leadership."

In reflecting on his years of work at Signs, Mr Portbury talked about the dramatic changes in technology, from hand-binding books to the high-technology machines used today, and the hundreds of staff members he has worked with during the past 50 years. His retirement is another significant moment of change for him and for Signs.

According to Mr Irvine, this is a challenge that Signs is prepared to meet. "We are confident that our new production supervisor Helen Sandbach and our production team will continue to provide a high level of printing service to the Church and our community," he said.



RAY RECEIVES A BOOK WITH MESSAGES FOR HIS RETIREMENT.

FLASHPOINT



END IT NOW

August 25 was the Adventist Church's EndItNow day, a special emphasis day devoted to raising awareness about domestic violence. In the New Britain New Ireland Mission (PNG), an inter-denominational march saw more than 500 participants, including children from local primary schools and mothers from the Catholic and United churches, walk alongside Adventists. The youth brass band from the Kokopo Secondary School led the march, while Eddina Timmie, an Adventist Church member and family and sexual violence officer for the province, was the keynote speaker. —Dianne Pelap



SPRING CELEBRATION

Wahroonga Adventist Church (Sydney) was blooming with colour on September 1, with a stunning floral display at the front of the church celebrating the start of spring and enjoyed by young and old alike, including siblings Lissy and Tate (pictured). The special service saw Wahroonga and Fox Valley churches combine for the day, with the worship message presented by Dr Peter Roennfeldt. The floral display was created by Wahroonga church members Vesna Milivojevic and Tanya Hacko. —Record staff



SAFETY FIRST

Many Adventist churches are committed to keeping their churches safe, but Hillview Adventist Church (Morisset, NSW) took it one step further on August 18, holding an emergency evacuation during the main worship service. At 12:20pm, the alarm went off, and more than 160 people evacuated the church, arriving at the assembly area in just under five minutes. A debrief and snacks finished up the evacuation practice. "It was certainly an unusual way to conclude a worship service, but I think we all appreciated that our leaders cared enough about us to ensure our safety," said church member Kent Kingston. —Graeme Taplin



TRAINED FOR OUTREACH

More than 200 people participated in Pacific Reach church planting training in Solomon Islands in August as part of a special week that also included training for chaplains and for those involved in family life, children's and women's ministries. Speakers included South Pacific Division family ministries director Dr Trafford Fischer, and Pastor Faafetai Matai and Mele Vaihola from the Trans Pacific Union Mission. Participants were excited to return to their local churches, communities and schools to implement what they had learned. —Record staff



ACCELERATE

Garden City Fellowship Church (Christchurch, South NZ), with the help of the Samoan and Tongan churches, ran an "Accelerate" conference on August 24–25. The inspirational TED-style presentations delivered at the conference gave attendees the tools and motivation to accelerate their journey to success. The conference, which was supported by the SNZ Conference, ADRA, Sanitarium and others, saw more than 200 people attend. "Presently, we are running follow-up workshops to build friendships with the people," said Garden City pastor Younis Masih. "Our fundamental purpose is to see people's lives transformed and families succeed." —SNZC



CLEAN UP

As the end of Education Week, 60 students and teachers at Betikama Adventist College (Solomon Islands) organised a clean-up of Honiara, picking up rubbish along the main road and up to the city centre, a distance of more than 5km. The Education Week activities also included a visit from the students and staff of Tenakoga Adventist High School for soccer games, fellowship and a hearty dinner. —Record staff



MIRACLES

After years of witnessing the lives of Adventists, a Pentecostal pastor of 15 years from the Foursquare Church decided to be baptised into the Adventist Church at the recent Eastern Highlands Simbu Mission (PNG) camp meeting. The former pastor gave his testimony at the camp meeting, saying the Adventist Church is the prophetic church that God has raised up, and appealed to his friends and family to join him in baptism. —Misek Komiloko



DORM MINISTRY

Grade 10 girls at Betikama Adventist College (Solomon Islands) are involved in "dorm ministry" and have formed a prayer warrior group. They are mentoring and praying with younger girls from other dormitories. Recently they visited the Central Hospital to sing and pray with the patients. —Record staff

Lifestyle Medicine Summit focuses on health, healing and hope

A Lifestyle Medicine Summit, held September 7–9 in Wahroonga (Sydney), was all about empowering Seventh-day Adventists to bring health, healing and hope to their communities.

Lifestyle medicine is growing in popularity and the inaugural summit explored what opportunities exist for the Church in this field. Organised by Adventist Health, a department of the South Pacific Division (SPD), it brought together about 270 church leaders, institutional leaders, health professionals, church members, educators and students from across the Pacific.

Presentations included current research on topics like sleep and health, physical exercise, mental health and coping with stress. On Sabbath afternoon there was a special focus on brain health and how lifestyle plays a vital role. Australasian Research Institute CEO Dr Ross Grant discussed how simple, everyday choices can affect the brain's prefrontal cortex, while clinical psychologist Deanna Pitchford presented on the impact of pornography on the brain.

Keynote presenters were Harvard University professor of public health, Dr David Williams, and Dr Wayne Dysinger, associate professor, School of Medicine at Loma Linda University, and chair of the American Board of Lifestyle Medicine.

Dr Williams shared the latest scientific research on the links between spirituality and health, with religious people found to be less likely to adopt high risk behaviours such as binge drinking and smoking, and more likely to make healthier choices, including getting regular exercise and adequate sleep. Religious involvement also helped people from becoming socially isolated, with research showing that social disconnection is actually as bad



as smoking for a person's wellbeing.

"And that's why God created the church," Dr Williams said. "He created the church to provide us with an expanded family, with friends and a convoy of support across a life course . . . one of the things we need to do as part of comprehensive ministry is to become supportive, close-knit villages that enhance the mental health and emotional wellbeing of everyone."

"How we relate to others matters and comprehensive health ministry—following the example of Jesus—means that as Seventh-day Adventists we should be known for being welcoming and accepting of all God's children, regardless of who they are, and consistently demonstrating love and caring and kindness, whether we see that person as lovely or unlovely, as like us or not like us, as deserving or not deserving. That's what comprehensive health ministry is, first and foremost, about loving people."

Dr Dysinger shared his personal journey into the field of lifestyle medicine. He also provided some practical ideas on how Adventists can embrace lifestyle medicine and share it with

their communities.

"I think one of the biggest challenges of lifestyle medicine is the fact that we can get people to change their lifestyles through programs like CHIP, but we need them to *keep* that change in their lifestyles," Dr Dysinger said.

"I think every church could develop a support group. It's like a prayer meeting but it's where people come together and they just talk about how they are doing as far as their lifestyle change."

Sanitarium Health & Wellbeing CEO Kevin Jackson and Sydney Adventist Hospital CEO Brett Goods were among the other presenters.

Also featured were Adventist healthy lifestyle initiatives that are already making a difference in their communities, including the SEEDS Lifestyle Health Clinic in Newcastle (NSW) and the Manna Haven café at Byron Bay.

Adventist Health director Dr Chester Kuma presented on the 10,000 Toes campaign, which is aimed at preventing and reversing Type 2 diabetes across the South Pacific. About 2 million people in the region have been

“ . . . comprehensive health ministry is, first and foremost, about loving people.”—Dr David Williams

diagnosed with the lifestyle disease.

“We live in a broken region,” Dr Kuma said. “We live in a region that is struggling to find solutions to the problem of lifestyle disease.” In the midst of crisis, however, “there is an opportunity to make a difference”.

SPD health strategy consultant Geraldine Przybylko explained how the Church’s message of whole-person health is now being expressed through a “7 Dimensions of Wellness” framework. Resources will be developed in each of the seven dimensions to help church members and the community in their wellness journeys.

Mrs Przybylko introduced ELIA Wellness—a “digital ecosystem” based on the seven dimensions. It includes a website and an app—with the app designed to “become somebody’s wellness partner in their pocket”, according to digital marketing specialist Jared Madden, who has been working with Mrs Przybylko on the concept. The aim is to provide innovative and credible resources that promote the Church’s health message in an ap-

pealing way to the community.

Key to the success of the strategy is collaboration between all individuals and entities in the Church, Mrs Przybylko stressed. “That’s where the power happens.”

As the summit came to a close, SPD president Pastor Glenn Townend issued a challenge to the attendees: what are they going to do differently—personally and with others—as a result of the lifestyle summit?

“We are doing this because we believe that change can happen . . . and you can choose to be a part of this great Adventist movement, which is really a health movement,” he said.

“We can change the world one life at a time, one group at a time, and that’s why we have run this Lifestyle Medicine Summit . . . you and I have been called and I think we are hearing some of the direction that God is calling us to, and He will provide and we will support each other.”

TRACEY BRIDCUTT HEAD OF EDITORIAL,
ADVENTIST MEDIA.

DIGGING IN HIS WORD

WITH GARY WEBSTER

TRANSFORMATIONAL POWER

Not only Christ’s death, but also His resurrection, impacted the disciples to reach and transform their world for God. **READ** Acts 4:33.

His resurrection was their guarantee that they were forgiven and justified because of His death. A guilt-ridden world, groping for peace of mind, needed to know what they had found. **READ** Romans 4:25; 1 Corinthians 15:17.

Christ’s resurrection filled them with the sure and certain hope that the dead in Christ would live again. A hopeless world, gripped by fear of the Grim Reaper—death—needed their message of hope. **READ** John 11:25; Acts 23:6; 24:15; Romans 8:11; 1 Thessalonians 4:13–18; 1 Peter 1:3.

But more than this, because of God’s abundant grace and love, they had new life, yes, the life of Christ, through inclusion in His resurrection by their faith in God’s power that raised Christ from the dead. Others must also have it.

READ Ephesians 2:1–10; 2 Corinthians 5:17; Galatians 2:20; Romans 6:4; Colossians 2:11–13; 3:1–4.

Little wonder, Paul gave everything to know the “power of His resurrection”. No surprise, he was not ashamed of the gospel and was anxious to share it with others. Let’s do the same. **READ** Philippians 3:10; Romans 1:15–17.



DR DAVID WILLIAMS SPEAKS AT THE SUMMIT.



THE CHURCH OF THE HOLY SEPULCHRE, WITH ITS ANCIENT TOMBS, IS THE MOST LIKELY PLACE FOR THE CRUCIFIXION AND RESURRECTION OF JESUS. ARCHAEOLOGY REVEALS IT WAS OUTSIDE JERUSALEM’S WALLS IN CHRIST’S TIME.

Risk and reward



In 2005, a struggling artist was asked to paint murals on the office walls of a small start-up in California. When it was time to get paid, he was offered the choice between \$US60,000 or shares in the company stock.

The man was broke, desperately needed the money and thought that the concept of the company was ridiculous. There was no guarantee whatsoever that the shares would ever have value or that the company would ever amount to anything. Yet he was a bit of a gambler and chose the stock as payment.

It took several years but eventually his risk was rewarded. That company was Facebook. And those once-worthless shares would later be valued at \$US200 million.

For those wondering, this is a true story.

I've always loved stories, especially true ones. But my favourites are the biographies of early Christian pioneers and missionaries. It's incredible to read about the trials they went through and the persecutions they endured, simply for standing up for their faith. Being a Christian meant risking their families, their jobs and even their lives. Yet they were willing to risk it all for Jesus.

And this is not just a long-ago part of history. Even today, people around the world are being discriminated against, threatened and even killed.

When was the last time you took a risk? (Before you start penning letters to the editor—no, I'm not endorsing gambling.) But where is the risk in Western Christianity today? We no longer have to worry about being thrown to the lions or burned at the stake. However, there is a new danger we should be worried about: complacency.

What is complacency? There are several possible definitions. Perhaps it's being afraid of trying new things, setting your goals too low or being unwilling to listen to other people's ideas and experiences. Ultimately it means choosing the easy option because you're afraid to leave your comfort zone.

As a child, I used to read mission stories on Sabbath afternoons and dream about becoming a missionary someday. I envisioned learning new languages, travelling to exotic countries and forming connections with tribal people.

I've since realised that being a missionary isn't about learning new languages or travelling to exotic countries. But it is about sharing the love of Jesus with the people we encounter every day—our friends, our colleagues, the guy at the petrol station, the woman on the train.

When I preach in churches, people often comment on how much courage it must take to speak at the front.

To be honest, it doesn't take much courage at all (I say that after five years of practising public speaking in Toastmasters). But it's actually quite easy to stand in front of a group who wants to listen to you. It's harder to talk one-on-one with someone who is apathetic or even hostile about your faith.

I can think of several times when I've been complacent about sharing Jesus. Perhaps you can too. It's so much easier to sit in my comfort zone and keep the conversation light.

But there are also several times when I've taken the risk. Sometimes the risk pays off immediately, with someone agreeing to come to church or talk about spiritual matters. Like the artist who chose company shares as payment, we don't always see immediate reward with risk. Sometimes we doubt there will be a reward at all. There are times when I struggle with this and wonder if the risk was worth it.

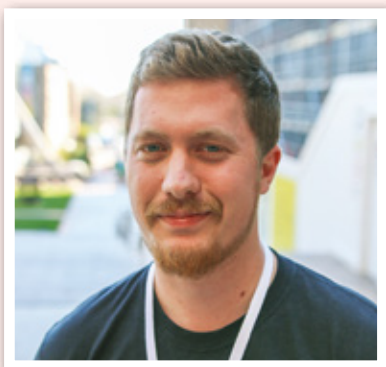
I'm reminded of what Paul said to the Galatians: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" (Galatians 6:9).

Sharing Jesus is the biggest risk you'll ever take. And although you may not see its fruits until heaven, it will be your biggest reward.

I VANIA CHEW ASSISTANT EDITOR.

PASSIONATE

PODCASTERS



The moral of the story is . . . you never know where Sabbath School conversations might lead.

A group of young men at Hinkler Seventh-day Adventist Church (Bundaberg, Qld) were enjoying a lively discussion when one of them commented, “We should be recording some of these conversations.”

Luke Farrugia and David Brown were already fans of Table Talk, a series run by Light Bearers Ministry involving four men at a table discussing spiritual matters using nothing but their Bibles and their brains. They both thought it would be cool to do something similar but didn’t think it was achievable. Matt’s comment was the catalyst they needed to start planning. Bringing in Mathew Wills and Ben Ludlow, and finally Nathanael Tregenza, and the Aus Table Talk podcast was born.

The group began by discussing the interconnectivity of the 28 Fundamental Beliefs of the Seventh-day Adventist Church (about an hour each episode). As they progressed they have now started doing shorter conversations, called Truth Nuggets, covering topics such as “liberals versus conservatives” and domestic violence.

“What sets us apart is we’re five average guys with full-time jobs still working out life,” said Nathanael. “But talking about these topics is helping us grow in faith. There’s a huge benefit to having a podcast—we’re able to discuss vital topics that we’re passionate about, witness to other people and learn about other people’s perspectives.”

“We’re showing people that [discussing theology] is not just formal,” David said. “We believe that truth is beautiful and we want to communicate it in a way that’s accessible and relevant.”

You can listen to the podcast via their website, austabletalk.com.au. It can also be found on all podcast apps and they upload a new episode every Tuesday.

I VANIA CHEW ASSISTANT EDITOR.



TRUE CREATIONISM

Creation

God has revealed in Scripture the authentic and historical account of His creative activity. He created the universe, and in a recent six-day Creation the Lord made “the heavens and the earth, the sea, and all that is in them” and rested on the seventh day. Thus He established the Sabbath as a perpetual memorial of the work He performed and completed during six literal days that together with the Sabbath constituted the same unit of time that we call a week today. The first man and woman were made in the image of God as the crowning work of Creation, given dominion over the world and charged with responsibility to care for it. When the world was finished it was “very good”, declaring the glory of God. (Genesis 1-2; 5; 11; Exodus 20:8-11; Psalms 19:1-6; 33:6, 9; 104; Isaiah 45:12, 18; Acts 17:24; Colossians 1:16; Hebrews 1:2; 11:3; Revelation 10:6; 14:7.)

In many Christian communities, much energy and ink has been expended in the ongoing debates about Creation and evolution. Often this has drawn theologians and other Christian voices into semi-scientific arguments that have served only to reinforce the faith of the faithful, and led us into disputes about how and when that are not addressed by the Genesis accounts themselves. And when we insist on details beyond those the Bible gives, we are probably undermining our best arguments.

Belying this modernist Christian preoccupation, “creation science” is not the foundational argument for a sustainable Christian faith. Rather, Hebrews 11:3 offers a more robust and compelling genesis: “By faith we understand that the entire universe was formed at God’s command, that what we now see did not come from

anything that can be seen.”¹ In short, if we believe in Jesus, we believe in Creation (see John 1:3). This does not preclude the assistance science might bring to these discussions, but a faithful response to God’s self-revelation in Jesus is always the theological starting point.

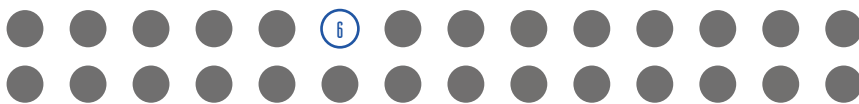
Such recognition allows us to put aside—at least for a time—arguments about Creation versus evolution, and return the doctrine of creation to where it rightly belongs, as a question of faith and theology. Too often these debates have come at the expense of a deeper engagement with the Bible’s theology of creation: “Even the liveliest arguments that come close to the doctrine of creation . . . do not reflect the presence or development of a mature conversation about the doctrine of creation. Rather, they illustrate . . . that we have not had

a lengthy theological debate on the doctrine of creation to draw from when we find ourselves addressing the pressing issues of our time.”²

True creationism offers greater significance to Christian theology and practice. It is a faith that engages more deeply with our Creator and His creation, and is passionately committed to caring for all aspects of our world and its people. In a world with an increasing focus on environmental issues and how these impact on human wellbeing, this is a call to a renewed and deeper embrace of creationism, offering the Church an opportunity to respond faithfully, compassionately, hopefully and practically.

CARING CREATIONISM

Our first task is to care for God’s good creation: “The Lord God placed the man in the Garden of Eden to tend



and watch over it" (Genesis 2:15). In the biblical account, the world's oldest occupation is gardening. The first man and woman were to be co-managers and sub-creators of the newly formed world. This is the continuing vocation of all people and particularly the calling of those who worship the Creator and call others to join in such worship (see Revelation 14:6, 7).

The earth is still the Lord's (see Psalms 24:1) and we are still called to be stewards of the good things of the world on His behalf and for the good of all our fellow creatures. A useful analogy can be drawn from texts such as Proverbs 14:31—"Those who oppress the poor insult their Maker, but helping the poor honours him"—that those who would worship God ought to express this by caring for creation itself. And, in reverse, those who destroy and exploit creation dishonour the Creator in doing so.

However, as environmental exploitation and destruction have grown in our consciousness and in their impact on our planet and its most vulnerable people, we have seen only limited responses from the perspective of faith: "The scriptural view that the whole of creation belongs to God and that our role within the creation is limited, but also ennobled, to that of steward or servant seems to make little practical difference in the way many people order their lives."³ Sadly for our faithful witness and for the good of creation, this call to human faithfulness has been distorted, disregarded or even flouted. As creation is degraded, the visibility of God in the

world around us (see Romans 1:20) is increasingly obscured, and the conditions and possibilities of life are diminished for so many members of our human family. True creationists are leaders in creation care.

ETHICAL CREATIONISM

Human beings have a special place in creation, and more attention is given to their creation in Genesis 1 and 2 than to the rest of the story. Each of us—and every person we meet, work with, connect with or can have influence on or for—have inherent and unique value as the craftsmanship and image-bearers of our common Creator. While we might have many superficial differences, "the rich and poor have this in common: The Lord made them both" (Proverbs 22:2). Creationism is important to who we are as human beings in relation to God but also in relation to our fellow human beings and all of creation.

Old Testament scholar Christopher Wright points out a "strong creational base" for the Bible's social ethics. Commenting on the explicit statement of Proverbs 14:31, among others, he points out that "the poor should be treated with the dignity that reflects the fact that they too are created by the same God. Indeed, what we do to or for them we do to or for God (in a remarkable anticipation of the teaching of Jesus)"⁴—referring to Jesus' parable of the sheep and the goats (see Matthew 25:31–46). In oppressing and exploiting those who are weak and vulnerable, we actively deny our mutual Creator and thus deny substantive belief in creationism. On the other hand, helping the poor honours—even worships—the Creator and, as such, is a marker of true creationism.

Many Bible references link creationism with concern for the oppressed and vulnerable (see particularly Psalm 146:6,7). As such,

creationism is a foundational principle of faithful justice-doing: "Exploiting one created in God's image as a mere means to an end is the penultimate sin against God's law, following only the sin of failing to acknowledge and worship God alone as God." But these two pre-eminent sins are more inter-related than we might assume: "If we refuse to respect the life of one created in God's image, we will not reverence the One in whose image she is created."⁵

TRUE CREATIONISM

Throughout the Bible, the claims of God as our Creator are recurring and compelling. Among the many implications of this theme is a primary motivation for caring about others, being concerned for the less fortunate and pursuing justice, and caring for creation itself. As all-encompassing as creation itself, God as our Creator is a claim that demands all our lives, including our worship, and our service and care for others.

It's so much more than arguing against evolution—and if we were to better live out the true meaning of creationism, such arguments might be less necessary.

1. Bible quotations are from the NLT.
2. Jonathan R Wilson, *God's Good World: Reclaiming the Doctrine of Creation* (2013), p 16.
3. Norman Wirzba, *The Paradise of God: Renewing Religion in an Ecological Age* (2003), pp 14, 15.
4. Christopher J H Wright, *Old Testament Ethics for the People of God* (2004), p 106.
5. Darrin W Snyder Belousek, *Atonement, Justice, and Peace: The Message of the Cross and the Mission of the Church* (2012), p 485.



BURNOUT



***PASTORAL CARE:
WHOSE RESPONSIBILITY IS IT ANYWAY?***

Burnout might be fun when you're on a skidpan or race track and there's nothing else to worry about other than frying the tyres.

However, when burnout hits as a loss of interest in once enjoyable leisure and work pursuits and/or the development of a critical spirit towards others (work colleagues, administration or church members), a recharge and overhaul is needed—to reset the equilibrium of that individual and those close to them.

Unfortunately, this burnout can be an all-too-familiar experience among our pastors. First we must understand how burnout happens.

Recent pastoral surveys reveal low job satisfaction, isolation and feelings of being trapped; requisite skills aren't necessarily readily recognised in government or private sector employment; and the work negatively impacts their families.^{1,2} This is not to mention increased physical health risks over their non-clergy neighbours and that workplace failures take a "spiritual

failure" mindset that can negatively impact mental health.³

Considering that there are 50 points of differentiated roles a local pastor needs to be not only cognisant of, but proficient in, this makes for next-to-impossible demands on one's time and resources.⁴

Add to this mix a local church's general expectations—they might look for a pastor who can work well with their youth, or preach ground-shaking sermons, or be a proficient counsellor because that's what the previous pastor could do. Then within the local church there are individual member's expectations, which quite naturally vary as to what exactly constitutes a "good sermon"—the time taken, the topic, the format, the use of illustrations or lack of, whether a PowerPoint ought to be used or video. And so the list goes on. So what can steady a pastor's resolve amidst an overwhelming array of duties and expectations? Their personal understanding of God's calling on their lives. This of

course can mean that the individual pastor may not appear to be the best match for your local church. Their strengths and weaknesses might not complement what the local church is looking for, or the local church's plans might not match well with the pastor's particular calling to the gospel ministry.

Pastoral strengths and weaknesses call for a maturity on both the part of the pastor and the congregation. Those weaknesses are not something to be ignored or even necessarily the prime target of development.⁵ Rather, apparent weakness can be the real avenues of where and how God desires to work in and through our lives. Does "when I am weak, then I am strong" ring any bells? (2 Corinthians 12:10).

It is important to recognise that the pastor often carries the dual responsibility of being the shepherd to their family, for as a spouse and a parent, that is his or her primary responsibility as per any other Christian spouse and parent (Ephesians 5:25, 6:4, 1 Timothy 3:3, 12), along with being the shepherd for the church family. It is only when the family is appropriately ministered to, that the pastor's effectiveness within the congregation can be realised. This of course is a two-way street, for the pastor's family similarly joins in as the chief cheer squad for the pastor.

The local church membership and attendees, likewise play a significant role in pastoral care. Just as the pastor has a biblical mandate to manage their own family well, so too does the local church have a responsibility to respectfully support their leader and his/her family (Hebrews 13:17, 1 Thessalonians 5:12). This is how the two-way street operates, as the pastoral family ministers to the needs of the church, the church similarly ministers to the needs of the pastor and their family.

Continuing the idea of biblical mandate, each member bears the responsibility to pray for their leaders (Hebrews 13:18, 1 Timothy 2:2,3)—that God will lead and direct them, that

God will be their source of strength and motivation, that the leader will continue to grow in their effectiveness as a gospel minister as the members themselves seek to continue to grow in Christ (Ephesians 4:15).

Finally, the local church members are responsible for holding each other and the leadership accountable to God's revealed will or clear teaching (1 Thessalonians 5:14-17). However, there needs to be discernment in how this accountability is exercised. I am not suggesting that a Facebook post is an effective means. Rather, Scripture provides a principle of approaching the individual personally to both understand and be understood. If that is not achievable, the principle proceeds to the inclusion of elders (Matthew 18:15,16).

While the church pastor primarily interacts with the local membership, they do have significant obligations to their employer. The employer, whether that be local conference, union or division, has as great an obligation to the pastor to ensure they are nurtured, supported and developed.

The employing body shares responsibility with the local church to keep the pastor accountable to the clear teaching of God's Word, along with praying for its pastors. And finally, the employing body has a responsibility to continue to provide opportunity for the pastor to clarify and refine God's calling on his or her other life and practically assist in the fulfilment of that calling. For who would want to fight God? (Acts 5:39).

So whose responsibility really is pastoral care? It is plain to see that it encompasses 360 degrees. The pastor has a role, the church administration as an employing body has a role and the local church members, likewise, have a role. Each role is similar, yet distinct, and each is crucial to prevent burnout of pastors, unnecessary frustration of church members and the realisation of God's kingdom purpose for His end-time people.

The way forward? Research would suggest the use of counselling services for pastoral families, educating

congregations on the challenges of pastoral family needs and continuing to include spouse employment support, child adjustment support, crisis phone numbers, network rebuilding support, particularly for those who are frequently relocated.¹ Additional initiatives being implemented in Protestant and Jewish congregations include the formation of financial support funds for leave in conjunction with increased leave provisions.⁶ But are they enough?

Moving forward cannot happen without prayer—a collective, yet individually actioned, pressing in to God; to have more of Him and a seeking to be more like Him. A genuine revival, complete with conviction of sin, accompanied by heartfelt repentance and humility and a renewed willingness to let God lead all those involved (2 Chronicles 34). God is Sovereign, it is His kingdom, His mission; let's give Him the honour and the glory by doing church—being the church—His way!

1. Weaver A J, Flannelly K J, Larson D B, Stapleton C L and Koenig H G. "Mental Health Issues Among Clergy and Other Religious Professionals: A Review of Recent Research", *The Journal of Pastoral Care and Counselling*, Winter 2002, Vol 56, No 4.

2. <www.pastorburnout.com/pastor-burnout-statistics.html>.

3. Duke Clergy Health Initiative, Summary Report 2014. <<http://divinity.duke.edu/sites/divinity.duke.edu/files/documents/chi/2014%20Summary%20Report%20-%20CHI%20Statewide%20Survey%20of%20United%20Methodist%20Clergy%20in%20North%20Carolina%20-%20web.pdf>>.

4. *AUC Handbook for Australian Pastors* (2005).

5. Proyer R T, Gander F, Wellenzohn S and Ruch W. "Strengths-based positive psychology interventions: a randomised placebo-controlled online trial on long-term effects for a signature strengths vs a lesser strengths intervention", *Frontiers in Psychology*, 22 April, 2015, Vol 6, Article 456.

6. Vitello P. Taking a Break from the Lord's work. *New York Times*, August 1, 2010.

LORENZO BERRY RECENTLY COMPLETED A GRADUATE DIPLOMA IN LIFESTYLE MEDICINE. HE HAS 15 YEARS' EXPERIENCE AS A CHURCH PASTOR AND IS PASSIONATE TO SEE THE CHURCH, AND ESPECIALLY HIS PASTORAL COLLEAGUES, REALISE OPTIMAL LEVELS OF HEALTH AND WELLNESS.



SLEEP YOUR WAY TO BETTER HEALTH

Sleep is a vital part of staying healthy. If you regularly miss out on sleep, it can impact your brain function, waistline, fertility, immune system and hormone balance. It can even place you at risk of lifestyle diseases like diabetes.

So why aren't we getting enough sleep? It could come down to technology. As amazing as they can be, online devices have created a culture of being "always on", meaning we're working longer hours, sending emails from home, getting notifications at all hours and generally finding it tough to switch off. It's easy for sleep to be the first thing that suffers.

SO HOW MUCH SLEEP DO WE ACTUALLY NEED?

Ideally, the average adult needs between 7 and 9 hours, but everyone is different. Some people can cope with much less sleep. The amount of sleep you need can also change during different life stages.

CAN YOU EAT YOUR WAY TO BETTER SLEEP?

Lack of sleep can also make you feel hungrier, and often grumpier. When you don't get enough sleep, your level of **ghrelin** (a hormone that makes you feel hungry) goes up and your level of **leptin** (a hormone that tells your brain you are full) goes down. Eating and drinking to help promote a better sleep goes beyond avoiding caffeine and heart-burn inducing foods. A number of studies have found a range of nutrients may help you to fall asleep faster and sleep soundly. These nutrients include:

- **Selenium:** studies show that a lack of selenium may play a role in sleep abnormalities. You can top up your supplies by eating Brazil nuts and sunflower seeds.
- **Magnesium:** getting enough magnesium has been linked to sleep quality. To boost your magnesium levels eat green leafy vegetables, like spinach and kale.
- **Vitamin D:** there has been a strong link between lack of vitamin D and excessive sleepiness during the day. As well as sunshine, you can get vitamin D from mushrooms and some fortified milks like soy milk.
- **Melatonin:** this is a hormone produced by the brain that is linked with how our body prepares for sleep. It is also found in some plant foods, including pineapples, bananas and oranges.

HOW I CAN GET A BETTER NIGHT'S SLEEP



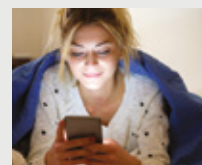
WORK OUT

Exercise regularly to boost your energy levels throughout the day. In the evening, wind down by choosing quieter activities after dinner. For extra relaxation, try having a technology hiatus before bed, giving your mind and body time to switch off.



DRINK UP

Stay well hydrated throughout the day. Keep a water bottle at your desk or in your bag to remind you to drink up. However, ease off before bed, to reduce night-time trips to the bathroom.



SWITCH OFF

Turn off screens, including TV, radio and mobiles, to help your mind switch off before bed. Try avoiding having any technology in your bedroom at all.



Wilted kale and cherry tomato fettuccine

This is a very simple pasta dish to make, with impressive restaurant-style results. Can be served to your family for a midweek meal or it will impress guests on the weekend. Kale never tasted so good!

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WORDS COME ALIVE

We really enjoy reading your editorials in each issue of *Adventist Record* and find them useful. We have previously turned some of your editorials into skits to help our church members understand the concepts better. Please keep writing. We are thankful for the creative ideas you have inspired within our church community. May God bless you.

Linda P Wasmatian, PNG

LIFE'S LOTTERY

I heartily agree with Nathan Brown's description of the refugee crisis that is affecting many countries around the world (Feature, August 4). The problem is not the refugees; it's the inertia that keeps many societies from opening their arms in welcome.

We have to face facts: If we were born in advanced, industrialised countries (Australia, New Zealand, the United States, Canada, Western Europe) we've won life's lottery. In almost every case we will live lives of health, security and (moderate) affluence. But if we were born in areas prone to religious, military and social violence and upheaval, we would do anything to escape the poverty and violence and insecurity and provide our families with opportunities that would otherwise be unavailable to them.

In some countries this callousness is described in terms of national or job security. But it is in fact our unwillingness to "do to others what you would have them do to you" (Matthew 7:12).

Most large cities in industrialised

countries could easily take a few dozen or a few hundred families with practically no effect on the larger population. Why are we not doing it? That's a question we may have to face in the judgement.

Stephen Chavez, US

RECOGNISING RAY

Thank you Ray for all you accomplished (see "Ray retires after record-setting run", page 8). One of the beauties of being *Adventist Record* editor was that I never had to worry about the printing and distribution side of things, because you and the Signs Publishing team always had things under control. May God bless you in your retirement.

James Standish, via Facebook

NOTE: Views in "Have your say" do not necessarily represent those of the editors or the denomination. Comments should be less than 250 words, and writers must include their name, address and phone number. All comments are edited to meet space and literary requirements, but the author's original meaning will not be changed. Not all comments received are published.

Introducing The Tui Family

Josefa
Marica
Salome
Jonathan
Tuks



This brand new animation series explores the 28 Fundamental Beliefs of the Seventh-day Adventist church. Every belief has its own set of family focussed, interactive, worship resources.

The Tui family, a Pacific Island family living in northern Australia, assists parents to have a spiritual conversation with their children one belief at a time.

Children's Ministries, along with the Discipleship Ministries Team in the South Pacific Division, is committed to working with parents as they mentor and disciple their children.

Coming to you in November 2018.

facebook.com/TheTuis.TV

NOT A BROWSER?

NO WORRIES.

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HI KIDS!

KIDS SPACE



PRISCILLA AND AQUILA

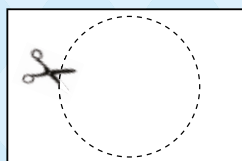
Priscilla and Aquila were tentmakers who had to leave Rome when the emperor ordered all the Jews to go. They moved to Corinth where they opened their home to Paul and studied the gospel with him. Paul stayed there and worked with them as a tentmaker for one and a half years while he taught the Corinthians about Christ.



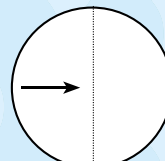
FRIENDSHIP CHALLENGE

Ask your parent/carer if you can invite a guest to your home. Notice a visitor at church and ask them where they are from. Include people in your conversations and make new friends.

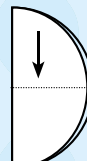
MAKE IT CIRCLE FRIEND CHAIN



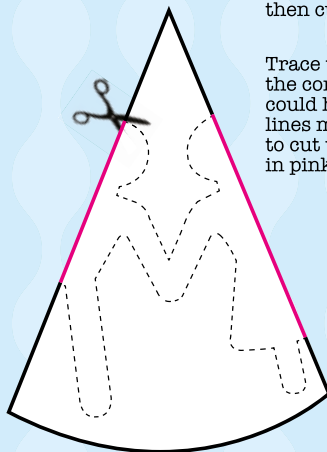
Trace a circle out on a A4 piece of paper, then cut it out



Fold the circle in half, then half again until it is in the shape of a cone



Trace the image onto the cone (a parent could help). Cut out the lines making sure not to cut the folds marked in pink.



Open it up...WOW! This is your **friendship circle**. Write the names of your new friends and your old friends



SERVICE MESSAGE

I serve God when
I invite others
into my home

Anniversaries



ANDREWS. Walter and Yvonne (nee Gambling) celebrated their 50th

wedding anniversary at Nautilus Restaurant, Tauranga (NZ). They were married by Pastor Ron Brown at Otahuhu church (Auckland) on 20.3.1968. They were members of Remuera church for 28 years before retiring in 1998 to Tauranga. They have been blessed with two children Wayne (and Debbie) Andrews, and Susan (and Leo); 10 grandchildren; and seven great-grandchildren. Walter and Yvonne now attend Tauranga church.

LEE. Ralph and Freda celebrated their 65th wedding anniversary on 12.8.18. Family and friends wished them a happy anniversary and much love.



SEDGMAN. John and Carol were married on 3.1.1968. They

celebrated their 50th wedding anniversary at Waitara church (Sydney, NSW) on 4.3.18 with family and close friends, including their four children: Alison (and Michael), Nichole, Greta (and Paul) and Luke (and Ashley). They have six grandchildren. John and Carol have been members of Waitara church for 50 years and spent time in mission service.

Obituaries

BELL, Daphne Mabel, born 15.2.1921 in Invercargill, NZ; died 24.7.18 in Erina, NSW. Daphne is survived by Marilyn (Central Coast) and Glenis (Wahroonga). Daphne managed ESDA sales and service and as such was one of the first women in the South Pacific Division to hold a senior management position. She was greatly loved and appreciated by missionaries right across the Pacific for the way she took care of their needs and supplies during the '60s and '70s. Nothing was too much trouble for her.

Bill Townend

BOUCHER, Mavis Aileen, born 23.10.1928; died 22.4.18. Mavis was the only child of Christina and James Staddon (both deceased). She was married to John Chester Boucher, who predeceased her. Mavis is survived by her children Lorraine, Margaret and Jim; grandchildren; and great-grandchildren. She was

a beautiful, kind and generous woman with a heart of gold. A memorial service was held at Redcliffe church on 4.5.18.

James Boucher, David Edgar

DEIN, Katie Li'an, born 9.4.03 in Emerald, Qld; died 9.7.18 in Rockhampton. She is survived by her father Geoff and mother Julia; and little sister Phoebe. Katie's life was remembered by more than 250 friends and relatives in her home town of Emerald. Katie will be dearly missed by all, remembered as a creative genius whose love and service knew no bounds.

Tim Ah Sam

FITZCLARENCE, Ruth (nee Hamlett), born 6.4.1947 in Luton, UK; died 27.7.18 in Rossmoyne, WA. On 11.12.1995 she married John Fitzclarence. Ruth is survived by her husband; children Glenn (and Angie) Cady, and Neil (and Leonie) Cady (all of Perth); grandchildren Christopher, Michelle, Joshua, Chloe and Matthew (all of Perth); and sister Isabel Quinlan (Wales, UK). Ruth loved her God, her family and music. She taught music up until five years ago. Ruth lived with hope and optimism in spite of a life-long debilitating disease. Her faith in Jesus enabled her to face the end of life with courage and the assurance of forgiveness and eternal life.

Roger Millist, Andrew Olsen, Jasmin Stankovic



MATTNER, Flora Winifred, born 13.9.1927; died 16.4.18 in Adelaide, SA. She is

survived by her husband Harold, to whom she was married for 66 years; eight children and their spouses: Ralph and Alison (WA), Shireen and Glenn Aveling (NSW), Craig and Kaarin (SA), Harold and Filomena (NSW), Kerry and George Kiratidis (SA), Tania (NSW), Lieda and Peter Hayward (NSW), and Peter and Jenny (NSW); 19 grandchildren; and five great-grandchildren. Flora and Harold were baptised in 1959. Flora's favourite hymn, "It Is Well With My Soul", exhibited her humble faith and trust in Jesus. Throughout life's challenges in raising a large family, she was ever cheerful, unselfish, caring, laughing often, loving much and relying on God. She was a priceless treasure and loved by all who knew her.

MOTTERAM, Gwendoline May (nee York), born 9.10.1929 in Perth, WA; died 12.6.18 in Darlington.

On 22.5.1954 she married Ken, who predeceased her in 1991. Gwendoline is survived by her sons Peter, Kim and Lindsay (all of Perth). A selfless, loving and joyful Adventist Christian, she looked forward to the return of Jesus, her best Friend.

Gary Webster

RABE, Gladys Elvie (nee Parkinson), born 14.8.1933 in Warburton, Vic; died 1.7.18 in Nerang, Qld. On 12.12.1954 she married James Rabe. Elvie is survived by her husband; two daughters Gloria and Julie, son-in-law Sylvio; six grandchildren; and six great-grandchildren. Elvie was widely known and appreciated as an accomplished pianist, especially in children's and young people's ministry in the many churches in which she worshipped. Her homemaking skills, floral arrangements and her bright, loving nature made her an excellent wife and mother. Extensive reading of the Bible and gospel literature helped to keep her ready for the return of her Saviour.

David Riley, Steve Kane

SHOOBRIDGE, Bernard, born 11.4.1921; died 9.6.18 in Murwillumbah, NSW. His first wife Lorna predeceased him in 1977. He is survived by his second wife Viola; children Gaye, Leon, Daryl, Earle, Joy and Gavin; stepchildren Helen, Sue, Richard, Buff, Anne, Patrick, Jill, Kathy, Tom, Vicki, Mary and Patricia. Bernie was a devout Christian respected by all. He was very active in his local church over a long period of time and was a devoted husband, father and grandfather to a very large family. He loved his garden and the bush.

Cranville Tooley

STEFANI, Ilse Friedel (nee Moeck), born 26.10.1928 in Stuttgart, Germany; died 17.7.18 in Victoria Point, Qld. On 18.10.1950 she married William Stefani, who predeceased her in 1996. She is survived by her son Pastor Wolfgang and Julie Stefani (Daisy Hill) and daughter Hildegard and Owen Christian (Palmwoods). Ilse was devoted to her family and

to God. Her superb knitting and meticulous housekeeping were legendary. Ilse and her husband were founding members of the Modbury (now Para Vista) church in Adelaide, SA. She loved children and spent decades leading children's Sabbath Schools, making many beautiful aids to teach children about Jesus.

Bob Possingham, Wolfgang Stefani

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SCIENCE REUNION

Celebrate with former staff and students 65 years of science at Avondale (October 26–27, 2018). Guest: Dr Laurie Draper. Cost: \$80, including lunch, lectures and banquet. Contact Dr Lynden Rogers on +61 2 4980 2213, <lynden.rogers@avondale.edu.au>.

CABOOLTURE CHURCH 50TH CELEBRATION, NOVEMBER 3

Caboolture church (Qld) invites you to join with them as they celebrate 50 years of gathering together. A worship service will start at 10am, and lunch will follow. For more information email <pastor@cabsda.org>.

BIBLE VERSE VIA TEXT, FREE

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NEXT ISSUE: ADVENTIST RECORD, OCTOBER 20

Finally . . .

Faith can move mountains, just don't be surprised if God hands you a shovel. —Loma Rome Ulla

POSITIONS VACANT

YOUTH CAMP MANAGERS TASMANIA

The Tasmanian Conference is looking for a person or couple with a passion for youth ministry to assist our Spring Beach Youth Camp managers. Spring Beach Youth Camp exists to further the work of the Church through ministering to groups with outdoor activities, group challenges and nurture. This position is suited to a person/s with a positive attitude and a heart for service to youth. We are seeking a dependable, self-motivated person/couple with the experience or qualifications associated with building/construction, adventure training, high ropes, abseiling etc. They must be able to work as a team and take direction, be willing to assist in kitchen and administrative duties. Certificate IV in Outdoor Recreation would be an advantage. Start date January 28, 2019. Please email CVs to Dr Mark Falconer, secretary, Tasmanian Conference: <markfalconer@adventist.org.au>. **Applications close October 7, 2018.**

MAINTENANCE & GROUNDS SUPERVISOR—ADVENTIST ALPINE VILLAGE JINDABYNE, NSW

AAV is seeking a suitable person to fill the role of maintenance and grounds supervisor. Reporting to the manager, the position will oversee the maintenance of the grounds, equipment and facilities. The successful applicant will be qualified in a trade, either building/

carpentry, electrical or plumbing, and be able to show trade experience and be legally able to work in Australia. For full selection criteria visit the South Pacific Division Human Resources website at <adventistemployment.org.au>. Email your resume and cover letter to Calvin Drinkall, general secretary, South NSW Conference: <snswgsecretary@adventist.org.au>. **Applications close October 18, 2018.**

AIRCRAFT MAINTENANCE MANAGER GOROKA, PNG

Adventist Aviation Services in Goroka, Papua New Guinea, is seeking applications from suitably qualified and experienced aircraft engineers to fill the position of aircraft maintenance manager. Interested candidates, who are active Seventh-day Adventist members, mission oriented, professional, hard-working and adventurous, with commercial aptitude for business management, are encouraged to apply. For more information please visit the South Pacific Division's Human Resources website: <adventistemployment.org.au>. All applications, including your CV, three work-related referees and a reference from your church pastor, must be forwarded to: Human Resources, Seventh-day Adventist Church (Pacific) Limited, Locked Bag 2014, Wahroonga NSW 2076 Australia; email <hr@adventist.org.au> or fax (02) 9489 0943. **Applications close October 15, 2018.**

FOR MORE AVAILABLE POSITIONS VISIT:
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Sharing faith can seem complex. But consider how Jesus related to His multi-faith world. His compassion, insights, authority and methods amazed all.

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For more details contact Jan | janbolst@adventist.org.au | 02 9847 3306 or
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